

Now the good news is that the more you control stress the easier it is to be in learning brain right, 'cuz' that rock is a lot smaller. Now what I really want to highlight for teachers is that the best way to keep students and learning brain goes back to why I spent so much time talking about attachment. Students best learn when they feel like they're safe and supported by the adults around them. So it's kind of like a baby elephant, you know how like on those nature shows the baby elephant is like playing with leaves or exploring a tree or something like that and having a lot of fun, and the only reason why they can do that is because there's a whole group of mama elephants around that baby, protecting it and looking out for danger. So, kid with trauma, or who's stuck in survival brain, is kind of like that baby elephant who doesn't have protective adults around them. They can't play and learn because they're way too focused looking out for threat and danger. So, this is why I really believe that the most important thing that schools need to focus on, way more important than any kind of techniques or curricula, is really whether or not they are creating that environment where students feel like they're surrounded by these big mama elephants who are going to protect them and watch out for them, and make them safe, and when students have that, I bet you it unlocks their curiosity, and eagerness to learn and play, as a way to learn.

Full Video: <https://www.youtube.com/watch?reload=9&v=KoqaUANGvpA>